



REDUCE YOUR RISK



AVOID INJURY – STAY ACTIVE:

in order for any athlete to be at his or her very best, injury prevention and physical activity must go hand in hand.

Injury prevention is critical because previous injury is **A RISK FACTOR FOR FUTURE INJURY.**⁷



Players with one or more previous injuries have

2 TO 3 TIMES GREATER RISK OF INJURY

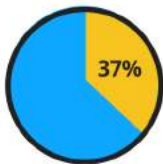
compared to those without previous injury.⁷

Approximately **1/4 OF COACHES, ATHLETES AND PARENTS** don't do anything to prevent injuries.⁴³

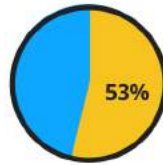


KNOW THE SIGNS AND SYMPTOMS OF INJURIES, AND COMMUNICATE ANY CONCERN YOU HAVE WITH YOUR ATHLETIC TRAINER, COACH, TEACHER OR PARENT.

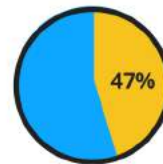
Athletes at secondary schools with proper medical teams that include an athletic trainer **SUSTAIN A LOWER INCIDENCE OF INJURIES** (both acute and recurring) than athletes at schools without athletic trainers. Athletes at secondary schools with athletic trainers **INCUR MORE DIAGNOSED CONCUSSIONS**, demonstrating better identification of these injuries.



ONLY 37 PERCENT OF PUBLIC HIGH SCHOOLS HAVE A FULL-TIME ATHLETIC TRAINER.⁸



53 PERCENT OF COACHES SAY THEY HAVE FELT PRESSURE FROM A PARENT OR PLAYER TO PUT AN ATHLETE BACK INTO A GAME AFTER A CHILD HAS BEEN INJURED.⁴³



ONLY 47 PERCENT OF SCHOOLS HAVE AN ATHLETIC TRAINER PRESENT DURING AFTERNOON PRACTICE.⁸

The American Academy of Pediatrics recommends that **AN ATHLETIC TRAINER SHOULD BE PRESENT AT ALL FOOTBALL GAMES AND PRACTICES.**⁹³



A study from the American Academy of Pediatrics showed that the presence of athletic trainers can have a significant positive impact on student athlete health,

RESULTING IN LOWER INJURY RATES, IMPROVED DIAGNOSIS AND RETURN-TO-PLAY DECISIONS FOR INJURIES SUCH AS CONCUSSION AND FEWER RECURRENT INJURIES.⁹³



According to the CDC, **MANY SPORTS-RELATED INJURIES ARE PREDICTABLE AND PREVENTABLE.**⁶⁶

For a list of full references, visit atyourownrisk.org.

